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ABSTRACT

Different styles of Chinese cooking, traditional food items, cooking utensils, serving techniques, and the nutritional value of Chinese cooking are described in this teaching guide. Lesson plans for the preparation of simple dishes are presented. Recipes, a shopping guide to San Francisco's Chinatown, a guide to sources of supplies, and a bibliography are attached. (EB)

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Chinese Foods

Teacher's Handbook

Chinese Culture Foundation

Chinese American Ethnic Heritage Project

San Francisco, California

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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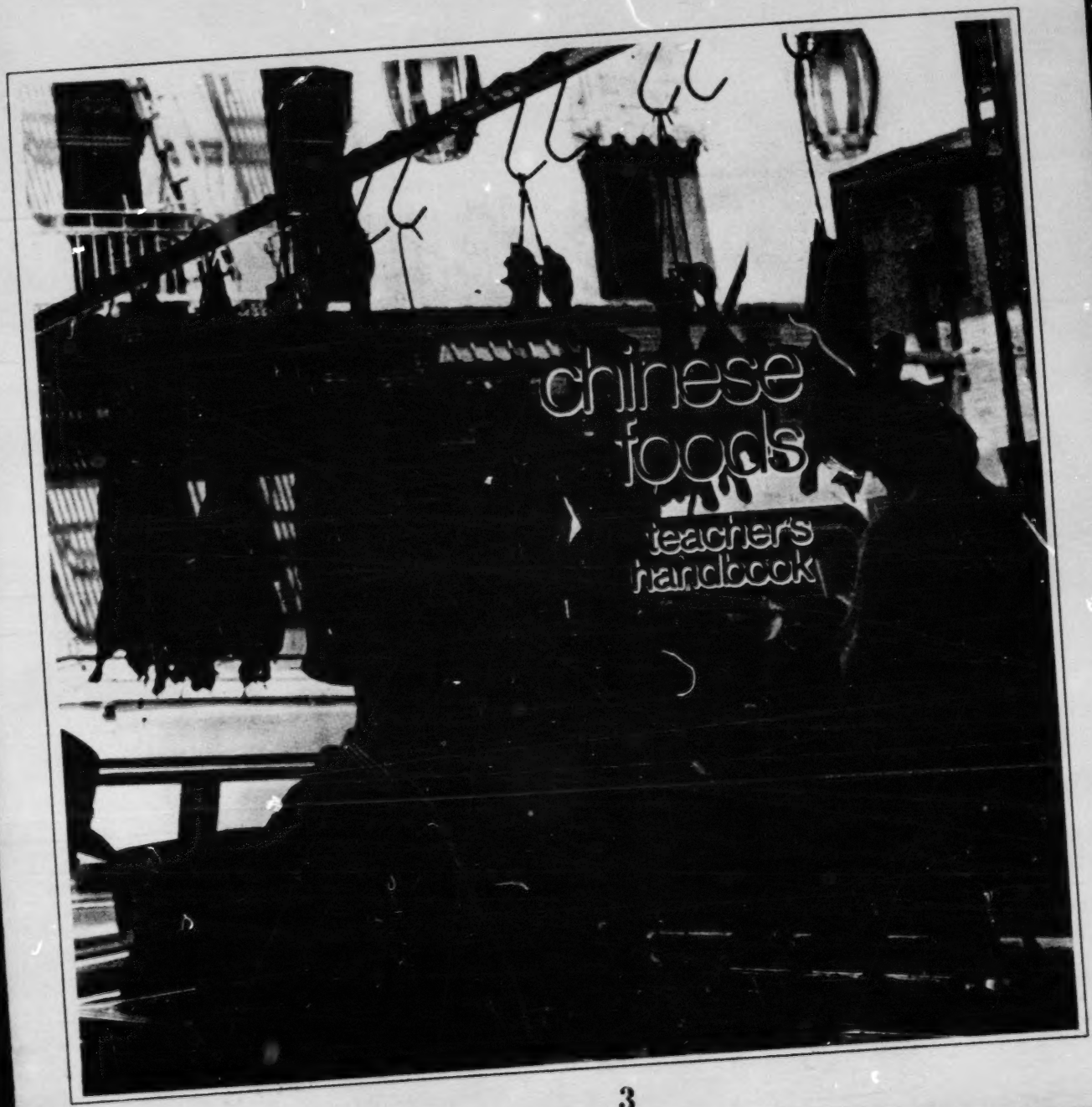

TABLE OF CONTENTS

Foreword iii

Introduction 1

Background Information for Teachers 2

1. Note on Pronunciation 3

2. Teaching about Chinese Foods 4

3. Geographical Background to Chinese Foods 5

4. Chinese Food Items:
   a. Vegetables 9
   b. Preserved Foods 12

5. Definitions of Cooking Utensils 16

6. Definitions of Chinese Cooking Techniques 19

7. Methods of Service:
   a. Table Settings 21
   b. Using Chopsticks 22

8. Nutritional Value of Chinese Cooking 23

9. Lesson Plans 26
   A. Simple Dishes: Wontons 27
   B. Simple Dishes: Noodles 29
   C. Simple Dishes: Northern Chinese Snacks 31
   D. Basic Chinese Cooking Skills 32
   E. Cantonese Cooking 34

10. Appendix A: Recipes 37

11. Chinatown Culinary Walk 54

12. Guide to Sources of Supplies 56

13. Bibliography 58

FOREWORD

The heritage of the American people is none other than the coming together of rich cultures of all the peoples of varied races who have built this land through labor and often unfulfilled, but unvanquished hopes. Very little of this reality, however, is reflected in our text books. When stories of non-white peoples do occur, they are usually distorted beyond recognition.

Our basis for teaching Chinese heritage is not as a foreign culture, but as a culture which, brought over by early Chinese immigrants, has been inseparably woven into the fabric of American culture. As such, this series is meant to be used by all American students and not relegated to Chinese American students only.

The Chinese American Heritage Studies Project conducted teacher training workshops in (1) Chinese Music, (2) Foods and (3) Tai-chi Chuan, which were participated by thirty five teachers from thirteen secondary schools. Through their input, teaching packets in the above subjects were developed. In addition, audio-visual units in Chinese New Year and Chinese Music (video tape) and Display Panels in Chinese Art and inventions have also been produced.

During this project, we were fortunate to be able to utilize the ethnic talents of artists, specialists and community resources concentrated at the Chinese Culture Center. The instructional materials presented in this series are by no means meant to be comprehensive. We hope that we have made a beginning upon which others will build.

Dr. Shirley Sun
Project Director

This manual has been developed by the Ethnic Heritage Studies Project of the Chinese Culture Foundation under a grant OEG No. 0-75-1332.

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INTRODUCTION

This teacher's guide represents a compilation of materials developed during the course of a curriculum workshop on Chinese foods which was held from November 24, 1975 to February 23, 1976, as part of the Chinese American Ethnic Heritage Studies Project. The intent of the workshop was to bring together the cooking and cultural skills of our food consultants with the teaching experience of secondary school teachers of home economics. Those teachers who attended this workshop field tested much of the materials presented, and developed sample lesson plans based on this material for use in junior and senior high school classes.

It is our hope that this teacher's guide will be of use to other teachers in developing teaching units on Chinese foods. Although the information is geared to a secondary school level, much of it can also be of use in elementary school situations. Teachers wishing additional information on this teacher's guide, as well as other curriculum materials on Chinese culture, may contact the Chinese Culture Foundation, 750 Kearny Street, San Francisco, California 94108. Tel.: 986-1822.

Comments, criticisms, and suggestions to this teacher's guide are welcome. An evaluation form is attached to the back of this teacher's guide.

BACKGROUND INFORMATION FOR TEACHERS

1. Note on Pronunciation
2. Teaching about Chinese Foods
3. Geographical Background to Chinese Foods
4. Chinese Food Items:
    a. Vegetables
    b. Preserved Foods
5. Definitions of Cooking Utensils
6. Definition of Chinese Cooking Techniques
7. Methods of Service:
    a. Table Settings
    b. Using Chopsticks
8. Nutritional Value of Chinese Cooking

1. NOTE ON PRONUNCIATION

The pronunciation of Chinese words differ greatly from area to area in China. Mandarin, or putonghua, is the standard dialect of China and is spoken by 70% of the Chinese. However, among Chinese in America, the great majority (90%) speak Cantonese, a regional dialect of South China. Consequently, most cooking terms in this handbook will be written in Cantonese, which is the pronunciation most frequently encountered in restaurants and markets.

Cantonese pronunciations are written in the most common colloquial form. Mandarin pronunciations where given will be written in the Yale Romanization System, probably the easiest for speakers of American English to master.

2. TEACHING ABOUT CHINESE FOODS

Chinese foods should be presented with a multicultural approach where its differences and special features are seen as useful and sensible adaptations to existing social, geographical, and economic conditions, rather than as inexplicable cultural habits. Underlying the outward differences, Chinese cooking shares with all other cuisines the same concerns for meeting the needs for nutrition and taste within the limits of food and fuel resources. For example, the choice of a staple crop is often determined by climate and geography. Most Chinese Americans eat rice because they come from Southern China, where a hot and moist climate is suited for the cultivation of rice. In Northern China, where the climate is cool and dry, the staple crop is wheat which is made into various types of noodles and steamed buns. To give another example, the shape of the Chinese cooking utensil, the wok, developed out of an economic need to conserve precious fuel and cooking oil. The rounded bottom of a wok concentrates heat, while allowing a large amount of food to be stir-fried with a limited amount of oil.

A basic unit on Chinese foods should cover more than just the mechanics of cooking. It should also include sufficient cultural, historical, and economic background information to fully explain how and why Chinese foods developed in the manner it did. However briefly, the following topics should all be covered:

a. Geographical, historical, and economic information on China as related to Chinese foods.
b. Cultural aspects of Chinese lifestyles as reflected in the cooking styles and methods of service.
c. Nutritional information on Chinese food items and methods of preparation.
d. Identification and familiarity with commonly used utensils and eating implements.
e. Identification of common ingredients special to Chinese Foods.

There are four major styles of Chinese cooking which roughly follow the geographical divisions of China - Northern, Southwestern, Eastern and Southern. In addition, each type of cooking may also be referred to by the name of a major city or province; thus, Cantonese, Shanghai, Hunan, or Szechuan cooking. Of these four types of Chinese cooking, the Cantonese is the most prevalent in this country because Chinese Americans have traditionally been from the area around Canton. In recent years, however, there has been more exposure given to Northern Chinese or Mandarin restaurants. The word Mandarin comes from Portuguese and refers to old Chinese officials. Mandarin cooking is essentially the same as Northern Chinese cooking, but the name has more of an aristocratic air to it.

Basic information on the four cooking styles are presented in a chart form on page 6 and in the map on page 7. For more detailed information, check with these two sources:

1. Emily Hahn, The Cooking of China, Time-Life Books: N.Y. 1968, pp. 11 - 17.
2. Florence Lim, Chinese Regional Cooking, Hawthorn, N.Y. 1975, pp. 6 - 9. (see bibliography).

4. CHINESE FOOD ITEMS:

Chinese cooking uses a variety of food items not commonly used in Western cooking. Through the centuries, the Chinese have also developed numerous methods to preserve food items through drying, salting, pickling, or fermenting. In the meat category, Chinese cooking is distinguished by its efficient usage of all parts of the animal body.

Resource Ideas:

1. The best way to appreciate and gain familiarity with the variety of Chinese food items is to lead a tour through a Chinese market. (see appendix for a suggested itinerary)
2. Check with the Chinese Culture Center for display materials on Chinese food items, or have interested students develop their own displays.

COMMON CHINESE VEGETABLES

A. Common Chinese Vegetables (Adapted from Johnny Kan, Eight Immortal Flavors, pp. 83 - 87)

1. 1. SIEW CHOY: 紹菜 , or WONG NGA BOK: 黃芽白 (Chinese Celery Cabbage) Predominantly long wide white stalks, with crinkly light-green leaves on edges of stalks. Shaped like a head of celery, but chunkier, it is used either for stir-frying or quick soups.

2. BOK CHOY: 白菜 , (Chinese Cabbage) Available all year, an inexpensive staple vegetable. Young stalks of a milk-white color are edged with loose green leaves. The vegetable has a yellow flower in the center.

3. JOOK SOON: 竹筍 , (Bamboo Shoots) 3" to 4" long, used often in soups and dishes. Available either fresh, or, more commonly, in cans.

4. LAW BOK: 蘿蔔 , (Chinese Turnips) Plentiful and best in winter, this long white turnip is used for long-simmer soups, smother-cook dishes, stir-frying.

5. DOONG GWA: 冬瓜 , (Winter Melon) In actuality a squash, in season during the wintertime, hence, the name. Very large, with a green skin, and a chalky white dust which scrapes off. The meat is of ivory color, and used in soups.

6. MO GWA: 毛瓜 , (Fuzzy Squash) Apple green in color, with tiny white hairs. Popular in soups and stir-fry dishes. 4" long.

7. FOO GWA: 苦瓜 , (Bitter Melon) This is really a member of the squash family, and grows on a vine. It has a linear, pebbly surface, smooth and jade-like in texture and color. When split open, the inside pulpy sponge and red seeds must be removed before cooking. It has a cool, slightly bitter flavor, and is used with meats, fish fillets, or chicken.

8. NGA CHOY: 芽菜 , (Bean Sprouts) Bean sprouts are tiny shoots which grow from either a mung bean or a soy bean. Mung bean sprouts are smaller, 1" to 1-1/2" long, while soy bean sprouts may be from 2" to 3" long. They are used in various dishes.

9. HO LON DOW: 荷蘭豆 , (Snow Peas) These are also called Sugar Peas. They are 3 to 4 inches long, by ! inch wide. Break off tips and de-string them before cooking. They are sold cheapest from May through September.

COMMON CHINESE PRESERVED FOOD PRODUCTS AND DRIED FOODS

English Names	Cantonese Pronunciation	Mandarin Pronunciation*	Remarks
1. Seasonings			
Ginger Root	Sang Geong	Sheng Jyang 生薑	Used as basic seasoning and to add subtle flavor to meats, fish and seafood. (very common)
Chinese Red Chili Pepper	Hong Lat Jyu	Hung La-jyau 紅辣椒	Used in seasoning stir-fried dishes, similar to Tabasco Sauce. (common)
Five-Fragrance Powder (five-spices, etc.)	Ng-heung Fun	Wu-syang fen 五香粉	Mixture of 5 ground spices (Fennel, Clove, Star anise, Anise-pepper, and Cinnamon) Fragrant, slightly sweet, and pungent. Used in seasoning red-cooked dishes and roasts. (Substitute: Powdered cinnamon, clover, ginger, & nutmeg, or allspice) (common)
Curry Mustard	Gah-lay Gai-laht	Jya-li, Jya-mwo 芥末	Used in seafood and meat dishes. Very strong and hot, used very sparingly. Often seen in restaurants.
MSG (Monosodium Glutamate)	Mei Jing	Wei-jing 味精	Said to enhance natural flavors of foods. Has no flavor of its own. Used liberally in restaurants. Should be used sparingly or not at all.
Rock Sugar	Bing Tong	Bing-tang 冰糖	Amber-colored, used to glaze chickens (common)

. Egg Products

Thousand-year Egg	Pei Don	Pi-dan 皮蛋	Fermented duck's egg, coated in a layer of ash and clay. Used as hor d'oeuvres.
Salted Egg	Hom Don	Syan-dan 鹹蛋	Pickled duck's egg. Must be cooked, generally steamed or hard-boiled. (common)

. Dried Vegetables

Jar Choi (Kohrabi, Szechuan hot turnip, etc.)	Ja Choy	Ja Tsai 榨菜	A salty and spicy hot preserved vegetable made from the heart of a Kohrabi, a member of the cabbage family. Used in soups or with meats. (common)
Pickled Giant Mustard (Chinese Sauerkraut)	Hom Choy	Syan-tsai 香菜	Salted preserved mustard greens. Used with meats, fish, or in soups. Some varieties are hot, sour, etc. (very common)
Bean Products: Soybeans	Wong Dow	Hwang-dou 黃豆	The bean from which all soybean products are made, such as soy sauce, soybean milk, and the all-important bean-cake (dow-fu)
Bean Cake	Dow-fu	Dou-fu 豆腐	Made from curdled soybean milk, spoils rapidly.

4. Noodle Products

Wheat-Noodles	Mien	myan 麵	Chinese equivalent to spaghetti (very common)
Shrimp Noodles, Egg Noodles, etc.	Hah Mien, Don Mien	Sya myan, Dan-muan	Flavored noodles of various kinds
Rice-Rice Noodles, Rice Sticks	Mei Fun	Mi-fen, He-fen 米粉	Made from rice flour. Often used in plate lunches. (common)
Bean-Green Bean Thread (Transparent Noodles, Green Bean Noodles.)	Fun See	Fen-sz 粉絲	Made from ground mung beans. Good texture, but little flavor. Used with meat and vegetable dishes. (common)

5. Dried Seafoods

Salted Fish	Hom Yee	Syan-yu 鹹魚	Dried and salted. Includes all varieties of fish. Used sparingly.
Beche-de-Mer (Sea Cucumbers, Sea Slugs, etc.)	Hoi Sum	Hai-shen 海參	Delicacy; often used at banquets. Served in soups or with meats. Expands when soaked. (common)
Dried Shrimp	Hah Gawn, Hah Mei	Sya-gan, Sya-mi 蝦米	Used to add flavor to many vegetable dishes and soups. (very common)
Shark's Fin	Yu Tsi	Yu-chr 魚翅	Prized delicacy, and very expensive. Used to make a rich, savory soup.

. Fungi

Wood Ears (Wood Fungus, etc.)	Mook Yee	Mu-er 木耳	Small, charred looking fungus about 1" long. Expands greatly when soaked. Has a crunchy texture, and generally used in conjunction with golden needles. (common)
Black Mushrooms	Doong Goo	Dung-gu 冬菇	Meaty, succulent, and flavory. Used in many dishes and soups. (very common)
Golden Needles (Lily buds, Tiger lilies, etc.)	Gum Jum	Jin-jen 金針	2- 3" long, pale gold in color. Has high nutritional value. It is the bud of of a lily. (common)

. Other Products

Lichee	Lai Gee	Li-jr 荔枝	A fruit. Eaten like nuts or candy.
Melon Seeds	Gwa Gee	Gua-dz 瓜子	Dried seeds of a watermelon. Eaten like nuts.
Jujube (Red Dates)	Hoong Jo	Hung-dzao 紅棗	Not to be confused with dates. Used to sweeten dishes.
Agar-agar (Kanten)	Dai Choy Go	Yang-tsai 洋菜	Long, thin white strips. Used in salads and sweet dishes. Same effect as gelatin.
Bird's Nest	Yeen Woh	Yan-wo 燕窩	Swallow's nest; high in protein and vitamins. A delicacy used in soups.

The Mandarin pronunciations are given in the Yale Romanization System, which is not the official romanization for Chinese, but is the easiest one for speakers of English.

5. CHINESE COOKING UTENSILS

Chinese cooking utensils reflect the different requirements for Chinese cooking. For example, the cleaver is very important, since cutting and dicing form a major part of food preparation. The wok is a bowl shaped to concentrate heat for quick cooking, and to prevent food from falling out while stir-frying. Chopsticks are ideal for eating Chinese dishes, since everything is cut into bite-sized pieces, and knives are unnecessary at the dining table. Bowls are more used than plates because they are more suited for holding rice, and for numerous dishes which have sauces.

Discussion Topics:

a. Ask students to compare and contrast how the different requirements of Chinese and American cooking may result in different shapes of cooking implements:

Compare: Wok vs frying pan
Chopsticks vs knife and fork
Bowls vs plates
Cleaver vs kitchen knives

Resource Materials:

1. Check with the Chinese Culture Center for a portable display kit on Chinese cooking utensils with photographs and actual objects.
2. The following book has excellent pictures of Chinese cooking utensils: Emily Hahn, The Cooking of China, Time-Life Books, New York, 1968. (see bibliography)

CHINESE COOKING UTENSILS

5. DEFINITION OF CHINESE COOKING UTENSILS

1. **Wok:** An all-purpose thin-metal cooking utensil with flared sides and a rounded bottom. Originally these fitted into the old Chinese stoves. They are sold with a round metal collar to keep them from tipping on modern stoves. The wok lid is usually made of aluminum and has sloped sides and a flat top. This pan distributes heat evenly and permits food to be tossed without spilling. It also requires less oil.

2. **Cleaver:** The blade of the cleaver is about 3 by 8 inches. It may have a steel or a wood handle. It comes in several weights. It is used for chopping and slicing. The flat side may be used for mashing and tenderizing meat.

3. **Chopsticks:** These are used for eating. They replace the silverware used in America. The large chopsticks are used in cooking for beating, piercing, stirring and lifting ingredients.

4. **Steamers:** The Chinese use special steaming pans set in tiers over boiling water. These pans have perforated bottoms and allow steam to pass up from the pan. Some are metal and some are bamboo.

5. **Firepot:** The Chinese Firepot is similar to Western chafing dishes or fondue pots. Whole meals are prepared in it. The firepot chimney is filled with lighted charcoal and hot broth is added to the outside ring. The diner dips different meats and vegetables in the broth to cook and and then dips them in various sauces. After all the meats and vegetables have been cooked the flavored broth is served as soup.

6. **Chinese Spatula:** Used to toss foods while stir frying and to remove foods from the wok.

7. **Wire Skimmer:** To remove foods from liquid.

6. DEFINITION OF CHINESE COOKING TECHNIQUES

A. Stir Fry - similar to sauteing but more rapid.

Ingredients are tossed quickly at high temperature in a small amount of oil.

Hot oil seals in juices, preserves color, texture and flavor.

Sometimes small amount of liquid is added and ingredient is cooked as quickly as possible.

Success of Stir-Fry is:

Know what you are doing and why.

Remember that tender ingredients need less time and tougher ones need more time.

Thickness of pan makes a difference for longer or shorter cooking time.

Everything must be prepared in advance.

B. Deep Fry - method of coating with batter and immersing in hot oil til done is same as Western deep frying.

How it differs from Western deep frying:

Chinese food is cut into pieces and marinated to improve flavor and aroma.

Frying is often done in stages; double frying to keep outside from cooking too quickly, and to make outside more crisp.

C. Steaming - method used to keep food moist and tender.

Live steam is used to cook the food instead of the double boiler (indirect steam) method.

Food is served on same dish it is cooked in to preserve flavor and natural juices and all nutrients.

Two methods of direct steaming - rack or bowl.

Rack - ingredients are put into shallow dish and dish is placed over the rack.

Bowl - bowl is placed directly on bottom of steamer, with water coming to sides of bowl. Food is cooked from bottom as well as from steam coming around the bowl.

D. Slow Cooking - Braising or Stewing

Used with large cuts of meats and vegetables, coarse fleshed fish, etc.

Ingredients are often deep fried or browned in oil first before simmered until rich, mellow and extremely tender.

Dutch oven or similar heavy pan is used.

Two variations of slow cooking:

"White cooking" - without soy sauce

"Red cooking" - with soy sauce

E. Roasting or Barbecuing

Meat usually seared in oven or open flame to form a crust and preserve juices.

Differs from Western roasting method:

Meat usually elevated (hung) in ovens. Drip pan underneath to catch drippings.

Meat is always surrounded by as much air as possible and touches as little surface as possible.

Meat that sits in flat roasting pans and stews in its own juices tends to become tough.

Other Miscellaneous Cooking Techniques used:

Boiling, Poaching, Parboiling, Smoking, Blanching.

Reference: See Beverly Lee, The Easy Way to Chinese Cooking. Doubleday: New York 1966. (see bibliography)

7. METHODS OF SERVICE

Chinese meals are truly "Family Style Dining". Instead of individual servings, everyone at the table takes from dishes in the center. Not only is dining an important part of Chinese social life, but even food preparation often lends itself to social activities. Everyone, male or female, pitches in to help make such things as wontons or potstickers, thus making it almost as much fun as eating them later on.

A. Table Setting:

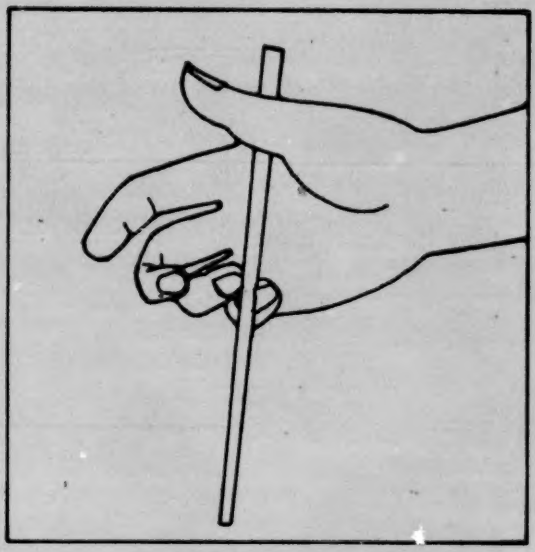
Chinese table settings can vary a great deal in elaboration. A typical table setting would have bowls or plates with the main dishes in the center of the table, with each individual setting having a pair of chopsticks, a spoon, a rice bowl, and a soup bowl. The spoon could be either a Chinese porcelain spoon, or a Western metal spoon.

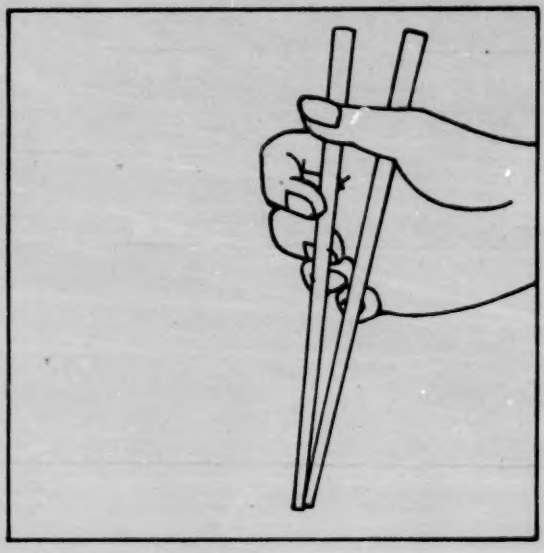
B. USING CHOPSTICKS

Chinese chopsticks are generally made of wood or bamboo, with some expensive ones made of ivory. Because Chinese food is served hot, a metal pair of chopsticks would burn the mouth.

Chopsticks are really extensions of the fingers. Although they may seem difficult to use at first, they are actually quite easy and practical. Remember, one third of the world eats with chopsticks.

To hold the chopsticks correctly, first take one chopstick and cradle it in the groove between the thumb and the first finger, while holding it in place with the tips of the second and third fingers. (See top picture). Then, hold the other chopstick with the tips of the first finger and thumb, while resting it against the side of the second finger. Held correctly, this chopstick should be moveable by pushing down with the first finger. (See bottom picture).





8. NUTRITIONAL VALUE OF CHINESE FOODS

Consultant: Desiree Jorge

Chinese cooking is a balanced method of food preparation due to its wide usage of all food products, its tendency to mix food items into dishes, and its use of many cooking methods which are nutritionally beneficial.

A. Common Chinese Foods categorized into the Four Basic Groups:

Food Group	Foods Commonly Consumed in Western Countries	Some of the Chinese Foods which May be Included
Milk	Milk, Milk Products – Cheese, Ice Cream	Soybean Products - Soybean Milk, Soybean Cheese, Soybean cake (dcw fu) Soybean Sheets
Meat	Beef, Pork, Veal, Lamb Poultry Fish, Cheese Egg, Dry Bean Peas, Nuts	All items listed, plus all parts of the animal and poutry carcass and fish body. Preserved Meat, fish, and poultry Many varieties of peas, bean, and nuts Eggs, plus preserved and salted eggs
Vegetables and fruits	Green and yellow Vegetables Tomatoes Citrus and other fruits	Almost all vegetables used in Western cooking, plus bok choy, mustard greens and numerous melons. Many other types of fruits, such as Pomelos, Laichi, and Dragon Eyes Many preserved and salted vegetables and fruits.
Bread and Cereal	Alimentary Pastes Wheat Products - bread etc. Rice, other cereal products	Glutinous Rice Rice Flour, rice cakes, many rice products (many rice products in Southern China; many wheat products in Northern China - steamed bread, noodles, buns.

B. A Comparison of a Typical Chinese Meal to a Typical American Meal

Note: It is difficult to present a "Typical" Chinese meal, since the Chinese meal is eaten in a family style, with everyone sharing common dishes. Therefore, Chinese meals become progressively more elaborate with more diners. The typical meal listed here is for a family of four.

Comparative Chinese Meal	Comparative American Meal
Soup: Winter Melon soup	Tossed green salad
Dishes: Pork with asparagus	Roast Beef with baked potatoes and
Bean curd (tofu) with mushrooms	Broccoli
Shrimp with eggs	Milk, Bread
Steamed rice, and tea	Chocolate Ice Cream Sundae

Both of these are balanced meals from a nutritional point of view. Broken down into the Four Major Food Groups, the compositions are:

	Chinese Meal	American Meal
Milk Category	Bean Curd	Milk, Ice Cream
Meat Category	Pork, Shrimp, Eggs	Beef
Vegetables and Fruits	Asparagus, Mushroom, and Winter Melon	Tossed Green Salad, Broccoli
Cereal	Rice	Potatoes, wheat (bread)

C. Chinese Cooking Styles from a nutritional Point of View:

1. Cutting: In Chinese cooking, vegetables are seldom eaten in their natural state. They are always cut into slices, which permits quick cooking and retainment of nutrition.

2. Stir-frying, and Steaming: Both of these methods, often used in Chinese cooking, use little water and, therefore, does not result in loss of water-soluble minerals.

3. Dishes: The Chinese diet has a lower intake of meats, due to the method of combining meats and vegetables into dishes. Although the Chinese use meats very frequently, they are not used in such large amounts as in Western cooking. Most calories are from cereal and rice products. The Chinese meal is, therefore, low in calorie intake and fat.

LESSON PLANS

The following lesson plans were developed by teachers who attended the workshop. All recipes used were demonstrated during the course of the workshop, and are included in Appendix A.

	LESSON PLANS	TIME LENGTH	GRADE LEVEL	PAGE
A.	SIMPLE DISHES: Wontons	1 week	Junior High	27
B.	SIMPLE DISHES: Noodle Dishes	1 week	Junior High	29
C.	SIMPLE DISHES: Northern Chinese Snacks	1 week	Junior High	31
D.	BASIC CHINESE COOKING SKILLS:	2 - 3 weeks	Senior High	32
E.	CANTONESE CUISINE:	2 weeks	Senior High	34
F.	CHINESE DESSERTS:	1 week	Senior High	42

A. SIMPLE DISHES: WONTONS

Student Level:

8th or 9th grade junior high students with little or no exposure to Chinese foods. "One of the dishes which they seemed to be most familiar with was fried wontons. Being aware of this, I decided to plan their lab around wonton skins and show them other ways to prepare them as well as the fried method. However, I believe students at this age need a general introduction of other Chinese dishes, in addition to facts about China and the culture."

Objectives: The student will

1. Become aware of different Chinese dishes and their ingredients.
2. Begin to recognize nutritional aspects involved in Chinese cooking.
3. Have a better understanding of the land and people of China.
4. Learn how to use everyday Western cooking utensils in Chinese cooking.
5. Learn a variety of dishes to be prepared with wonton skins.
6. Begin to develop skill in wrapping wonton skins.

Pre-preparations:

1. Prepare map of China and lists of cooking terms and utensils to be handed out to students.
2. Using the Time-Life cookbook, The Cooking of China, prepare brief lesson on Chinese culture and food.
3. Buy commonly used Chinese foods to display in classroom.
4. Locate guest speaker from Chinese Culture Center or Community Resource Center.
5. Using notes taken in this class, make a poster comparing the nutritional aspects of Chinese foods with those of the American diet.
6. Buy all ingredients necessary for lab use one or two days prior to the lab lessons.

Lessor Outlines:

Monday — Introduction of Chinese culture and foods:
Explanation of a brief list of some common Chinese Cooking terms and basic utensils which can be obtained easily.

Student Activities:
Take notes, examine food displays and utensils.

Tuesday — Guest speaker:
Either demonstrates other Chinese dishes or perhaps brings slides or film on China and its culture.

Student Activities:
Students taste prepared Chinese dish and take notes.

Wednesday — Using nutrition poster, speak on nutritional aspects of Chinese cuisine:
Demonstrate how to chop up ingredients and wrap wonton skins; and give out recipes to be used the following day. Each unit is given a different recipe.

Student Activities:
Take notes and review recipes for lab the next day.

Recipes to be used:
Wonton in Chicken Broth (pork-shrimp filling)
Fried Wonton in Sweet-Sour Sauce
Butterfly cookies
Sweet Crescents

Thursday — Students prepare recipes in labs.

Friday — Students share all dishes made and evaluate.

Follow-up Suggestions:

1. Field trip to Chinatown or restaurant.
2. Student reports on specific dishes of China.
3. Teaching a more involved lesson in conjunction with social studies classes.

Reference Materials:

Craig Claiborne and Virginia Lee, The Chinese Cookbook, J. B. Lippincott Co., Philadelphia and New York, 1972.

B. SIMPLE DISHES: NOODLES

Objectives:

1. The students will learn the basic steps to cooking fresh Chinese noodles.

2. The students will develop skills in preparing some simple snack and luncheon dishes with noodles.

3. The students will increase the ability to identify Chinese ingredients.

4. The student will begin to develop skills with chopsticks.

Introduction:

Noodle dishes are very popular with the Chinese who like to eat them for lunch or for a "midnight snack." The Chinese never serve noodles for dinner except for birthday banquets. However, they can be served as part of a buffet.

Fresh noodles can be purchased in Chinatown grocery stores or from noodle factories. Many supermarkets carry Chinese egg noodles. Italian noodles are a satisfactory substitute.

The three most popular ways of preparing noodles are: 1) in soups such as a clear broth, 2) pan fried as in chow mein, or 3) served with a sauce as in lo mein.

Teacher Planning Guide:

1. Obtain different kinds of noodle to show students during lecture.

2. Obtain film from P.G. & E. on Chinese cooking.

3. Arrange field trip to Chinatown.

4. Arrange for community resource person to come in to do demonstration.

5. Plan to have grocery items needed for student labs.

Student Activities:

1. One group will prepare noodle in soup using Chinese Noodle Soup recipe.

Student Activities: (cont'd)

2. Second group will prepare noodle pan fried using Shrimp Chow Mein recipe.

3. Third group will prepare noodle and make the lo mein sauce to go with the noodle.

4. Students will be using chopsticks in the preparation.

5. Students will be identifying Chinese ingredients during the preparation.

Reference Materials:

1. Time-Life Cookbook on Chinese Cooking

2. Quick and Easy Chinese Cooking by Constance D. Chang

Lesson Plans:

1st Day: A. Discuss noodle dishes and show samples of different kinds of noodles which can be purchased in Chinatown grocery stores or from noodle factories.

B. Show film on Chinese noodle dishes.

2nd Day: Field trip to Chinatown. Visit grocery stores and have store personnel point out different ingredients used in Chinese cooking. Also visit noodle factory. (see Appendix B)

3rd Day: Demonstration by a community resource person on varieties of noodle dishes.

4th Day: Students in class will partially prepare noodles in three different ways.

One lab group prepares the noodle in soup using a clear broth. Recipe: Chinese Noodle Soup. Second lab group uses the noodle pan fried as a chow mein. Recipe: Shrimp Chow Mein. Third lab group uses noodle served with a sauce as in lo mein.

Evaluation will be made by each student on all three dishes.

C. SIMPLE DISHES: NORTHERN CHINESE SNACKS

Objective:

1. To demonstrate how to preapre two kinds of simple Northern Chinese style snack dishes using products commonly available to supermarkets.

Background Information: Dian-Syin

Dian-syin is the Mandarin pronunciation for the same two words pronounced Diem-sum in Cantonese. Dian-syin, are considered snack dishes, or hors d'oeuvres. However, they are much more filling than Western hors d'oeuvres and often served, especially at lunchtime, as a complete in-formal meal by themselves.

Generally, Northern style dian-syin utilize wheat products more, and are fried. This reflects both the predominance of wheat in North China, as well as the Northern style of cooking.

Lesson Plans: A. Tsung-you Bing (American Style Quick Onion-Oil Pancakes) two-day Lesson

1st Day: Discuss Northern Chinese cooking.
Review recipe with class (so students will be able to cook tomorrow.)
Show ingredients.
Go over how to prepare ingredients and students responsibilities in preparing onion-oil pancakes.
Teacher prepare ingredients.
Teacher make a few onion-oil pancakes and give students a small piece of each.
After everyone has had a chance to taste, teacher again review with students what they will do tomorrow.

2nd. Day: Students prepare onion-oil pancakes.

B. Sheng-jyan Bao-dz (American Style Quick Meat Dumplings)

Bao-dz, often called bows (pork bows, cha-siew bow, etc.) in this country, are flour dumplings with different fillings. They are generally steamed, but this one will utilize a combination steaming - frying method. In addition, "Bisquick" dough will be used for convenience.

1st Day: Discuss Northern Chinese cooking.
Review recipe with class.
Show ingredients.
Go over how to prepare ingredients and student responsibilities in preparing meat dumplings.
Teacher makes one batch of meat dumplings for class to sample.
Teacher again reviews with students what they will do the following day.

2nd. Day: Students prepare meat dumplings.

D. BASIC CHINESE COOKING SKILLS

An introductory survey of the basic cooking methods used Chinese Foods will require at least two weeks of class time. The following curriculum guide covers three major cooking styles: stir-fry, steaming, and boiling, with representative recipes for each.

In all these categories, teachers should contrast the methods shown with methods in Western cooking, and, if possible, contact community persons for demonstrations.

1. Stir-Fry Method:

Basic Concepts: Stir-fry requires that all ingredients be cut into small pieces. Therefore, care must be taken to introduce use of the cleaver.

Food must be all prepared before cooking begins. Cooking is done very rapidly.

For additional information, see Beverly Lee, The Easy Way to Chinese Cooking.

Teacher Preparation:

1. Discuss use and shapes of wok and cleaver. Point out that deep frying pans could be substituted for a wok if necessary.

2. Basic ingredients used in stir-fry dishes are:

Common American Items: Green Onions
Chicken stock
Vegetable oil
Cornstarch
Salt, Sugar, Garlic

Special Chinese Items: Soy Sauce
MSG (optional)
Sesame Oil
Ginger Root

3. Recipes Used:

Beef with Chinese Broccolli
Chau Chinese Cabbage with Carrots
Grass Mushrooms and Tea Melons
Chau Shrimp with Snow Peas and Wood Ears

2. Basic Steaming Method:

Objectives:

A. To develop awareness of how and why steam cooking is used in Chinese cooking.

B. To develop awareness of foods suited to steam cooking.

C. To develop skills in the technique of steam cooking.

D. To develop an awareness of advantages and disadvantages of cooking by steam.

E. To be able to adapt usual cooking utensils to steaming method of cookery.

Teacher Preparation:

A. Illustrations of various steamers and foods suited to each. Show equipment that is available, and adaptations.

B. Contact community resource person if available for demonstration.

C. Plan, purchase or organize materials for demonstration of steam method.

D. Prepare ditto for recipes for steam method.

F. Recipes Used: Master Recipe for Steamed Fish
Steamed Rock Cod

Student Activities:

A. Study the various steaming methods and equipment used for each.

B. Study advantages of steam cookery method, e.g., flavor retention, texture, food value, etc.

C. Prepare recipes using steam method.

D. Evaluation of finished product.

E. Quiz.

3. Boiling Method:

Objectives:

1. To demonstrate the versatility and simplicity of Chinese cooking using the boiling method.

2. To demonstrate several ways of making simple chicken dishes by using the same basic boiling methods.

3. Recipes Use: 5 simple chicken dishes using boiled chicken.

CANTONESE COOKING: A TWO-WEEK LESSON PLAN

Objectives:

Upon completion of the unit, the student will be able to:

A. Identify and prepare dishes commonly served in a Cantonese meal.

B. Characterize the lifestyle of those living in Canton reflecting the geography, traditions, crops, etc.

C. Identify ingredients used in the recipes, seasonings and their uses in the Cantonese meal.

LESSON PLANS:

First Week

Monday:

a. Slides of the area showing terrain, crops, communes and city scenes.
b. Discussion of the slides.

Tuesday:

a. Discussion of available foods and most economical use of foods and materials reflected in the cuisine.
b. Discussion of cultural customs relating to foods.

Wednesday: Village Menu

a. Demonstration and tasting of a village menu:

Watercress Soup	Beef and broccoli
Steamed Rock Cod	Steamed Rice

Note: Partial preparation must be done before the meal to finish within the class period. Suggestions: wash watercress and broccoli, slice most of meat, chop part of broccoli.

Thursday: Demonstration (teacher or resource person) of Wonton

a. fried
b. bow ties
c. corners

Friday: Banquets

a. slides or pictures
b. discussion of occasions, choice of foods, garnishes and decorations.

Second Week

Monday: Dinner Menu

Wonton Soup	Pineapple Sweet and
Shrimp and Snowpeas	Sour Pork
Cashew Chicken	Steamed Rice

a. Specific techniques involved in the menu
b. Timing and organization of the work
c. Discussion of city life and culture reflected in this more complex menu.

Tuesday:

a. Discussion of ingredients and spices used in dinner menu.
b. Pre-preparation (chopping, fill wonton, de-vein shrimp)

Wednesday:

a. Completion of dinner menu
b. Eat meal Chinese family-style

Thursday:

a. Evaluation of meal
b. Review of Cantonese cuisine

Friday:

Teas and herbal medicines

RESOURCES:

The following recipes were taken from "Eight Immortal Flavors", Johnny Kan and Charles L. Leong, Howell North Books, Jan. 1970.

Watercress Beef Soup
Steamed Rice a la Kan
Cashew Chicken
Pineapple Sweet and Sour Pork

The following recipes are included in this teaching guide.

Steamed Rock Cod
Chow Beef with Chinese Broccoli
Wonton in Chicken Broth

REFERENCES:

1. On Tea and Herbs:
San Francisco Sunday Examiner and Chronicle, Nov. 25, 1973

2. On Cultural Aspects:
"Eight Immortal Flavors", Johnny Kan, Howell North Books, Jan. 1970.

APPENDIX A: RECIPES

1. Wontons

   a. Pork-shrimp filling
   b. How to Wrap Wontons
   c. Wontons in Chicken Broth
   d. Variations for serving Wontons

2. Desserts and Sweets

   a. Sweet Crescents
   b. Butterfly Cookies

3. Noodles

   a. Directions for Cooking Chinese Noodles
   b. Sauce for Lo Mein
   c. Pan Fried Noodles with Stir-fry Sauce

4. Northern Chinese Snacks

   a. American Style Quick Onion-Oil Pancakes
   b. American Style Quick Bao-dz

5. Stir-fry Dishes

   a. Beef with Chinese Broccoli
   b. Chau Chinese Cabbage with Carrots, Grass Mushrooms, and Tea Melons
   c. Chau Shrimp with Snow Peas and Wood Ears

6. Steamed Dishes

   a. Steamed Rock Cod

7. Boiled Chicken Dishes

   a. Master Recipe for Boiling Chicken
   b. Different Variations for Preparing Simple Chinese Boiled Chicken Dishes

1. WONTONS

Yield: 2 C filling for approx. 5 doz. Wontons

A. Pork-Shrimp Filling

1/2 lb. fresh ground lean pork
1/2 lb. fresh shrimps or prawns
4 dried black mushrooms
8 water chestnuts, finely chopped
2 stalks green onions, finely chopped
1 T cornstarch
1 egg, beaten
1/4 t. pepper
1-1/2 t. salt
1 t. sherry
1/2 t. sesame oil

METHOD:

1. Soak mushrooms in hot water for 20 minutes.
2. Shell and devein shrimps. Chop very fine.
3. Rinse mushrooms, remove and discard stems and chop caps very fine.
4. Mix thoroughly together shrimps, pork, mushrooms, water chestnuts, green onions, cornstarch, beaten egg, salt, pepper, sherry and sesame oil.

COMMENTS:

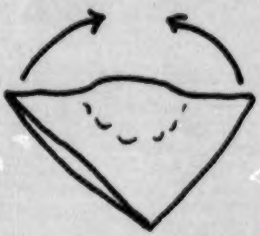
Recipe yields approximately 2 cups filling which makes about five dozen Wontons (1 lb. of wonton wrappers).

1. WONTONS

B. How to Wrap Wontons

(There are many ways of wrapping Wontons of which this is one)

1. Place filling in middle of square wonton skin, and fold once along diagonal



2. Make a slash with a knife on one of the folded corners, and then fold the 2 opposing corners together.

3. Fold up the remaining "tail" until it is vertical.

1. WONTONS

Yield: 20 Servings of 3 wontons

C. Wontons in Chicken Broth

60 Wontons prepared according to recipe
32 oz. Can of Chicken Broth
3 Stalks of green onions, minced
1 tsp. Sesame oil

METHOD:

1. Heat broth over medium heat in a large saucepan.
2. Bring 6-8 quarts of water to a rolling boil in a large pot.
3. Add wontons to boiling water and cook until wontons float to surface.
4. Remove wontons with bamboo strainer or a slotted spoon and transfer to soup bowls.
5. Pour heated broth over wontons lightly lace sesame oil over wontons and serve. Garnish with green onions.

COMMENTS:

Prepared wontons can be frozen and kept up to one month. Drop frozen wontons directly into boiling water and cook as above. "Wontons" translates into "cloud swallow". Wonton wrappers are light and fragile as clouds and biting into a wonton is like swallowing a cloud.

1. WONTONS

D. Variations for Serving Wontons

Fried Wontons with Sweet and Sour Sauce Dip

Fried wontons are delicious served as appetizers. Yield: 20 servings of 3 wontons

METHOD:

To fry wontons heat 2 inches of oil in a wok to a temperature of approximately 375°. Fry wontons until golden (about 2 minutes). Turn over once. Drain on paper towels. Servie hot.

COMMENTS:

Fried wontons can be fried ahead of time and reheated in a 350° before serving. Fried wontons can also be frozen and reheated in a moderate oven for 12 -15 minutes.

Sweet and Sour Sauce Yield: 2 Cups of Sauce

3/4 c. sugar
1/2 c. Chinese vinegar or 1/4 c. cider vinegar
1/2 c. ketchup
1/2 c. water
1 t. soy sauce
1-1/2 T. cornstarch mixed with 1/4 c. water
juice of 1 lemon

METHOD:

1. Mix together in a saucepan the sugar, vinegar, ketchup, soy sauce and water.
2. Stirring all the while, bring mixture to a boil over medium heat.
3. Add the water-cornstarch mixture gradually until sauce thickens and bubbles.
4. Add all the lemon juice.

COMMENTS:

Serve this saude as a dip with fried wontons. This sauce freezes beautifully

2. DESSERTS AND SWEETS

A. Sweet Crescents

Yield: 8 to 10 dozen Crescents

1/2 c. chopped nuts
1/2 c. Coconut flakes
1/2 c. Toasted sesame seeds
1/2 c. brown sugar
1/2 c. granulated sugar
1 lb. pkg. wonton skins

METHOD:

1. Mix nuts, coconut, sesame seeds, brown sugar and granulated sugar.
2. Fold wonton squares into triangle; round off the top corner with scissors.
3. Place 2 t. filling in center. Moisten edges with water and seal securely.
4. Deep fry in hot oil until golden, about 1 minute, turning once. Drain. Cool.

COMMENTS:

These will keep for 3 - 4 weeks in an air-tight container.

1. Pinch edges of dough to form ledge for turnover scroll design.

2. How to begin and continue scroll design.

3. Turnover with scroll edging.

2. DESSERTS AND SWEETS

B. Butterfly Cookies — Yield: 80 cookies

1 1-lb. pkg. wonton wrappers
1 c. powdered sugar
oil for deep frying

METHOD:

1. Cut each wonton wrapper into 2 rectangles.
2. Lay one rectangle on top of the other to form a double thickness.
3. Make three 1-inch slits in the center, lengthwise.
4. To form a box, pull one end through the middle slit.
5. Deep fry butterflies until golden, about 1 minute or less. Drain on paper towel.
6. Sift powdered sugar over both sides. Cool.

COMMENTS:

These keep for several weeks in air-tight containers.

1. 2. 3. 4.

3. NOODLES

A. Directions for Cooking Chinese Noodles — Yield: 8 Servings

1 lb. fresh Chinese egg noodles
salt
oil

METHOD:

1. Bring 4-6 quarts of water to a rapid boil in a large pot.
2. Add 1 t. salt and 1 T. vegetable oil into boiling water to prevent noodles from sticking.
3. Put the noodles loosely into the boiling water, stir.
4. Bring to a second boil, turn heat down and cook until barely tender, about 1-2 minutes.
5. Rinse under cold water and drain well.
6. Set aside until ready to use.

COMMENTS:

1. Have a pot of hot water handy for re-heating noodles just before serving.
2. Uncooked Chinese noodles can be frozen in 1/4 lb. packages and kept for up to one month. Frozen noodles need not be defrosted before cooking.

B. Sauce for Lo Mein — Yield: 4 cups

1/4 c. cornstarch
1 quart chicken broth
2 T light soy sauce
2 T oyster sauce

METHOD:

Mix ingredients together in sauce pan; bring to a boil over medium heat until thickened.

COMMENTS:

1. 1 cup sauce is enough for one pound of cooked noodles.
2. Oyster sauce can be substituted with hoisin or brown bean sauce; or, if you like your noodles spicy, add a drop or two of hot pepper oil or tabasco sauce.

3. NOODLES

C. Pan Fried Noodles with Stir-fry Sauce - A Northern Chinese Recipe

Equipment: Wok, Cleaver, Chinese Spatula

Yield: 6 - 8 Servings

1 pkg. Chinese fresh noodles
1/2 c. cut up pork
1/4 c. green onion
1/4 c. celery
1 clove garlic
1/2" slice of ginger root
1/2 c. beef broth
sesame oil
vegetable oil
2 T. soy sauce
sugar
salt

METHOD: 1st day

1. Fill a large kettle 2/3 full of water and bring to a boil. Add salt approx. 1 tsp.
2. Add 1 pkg. fresh Chinese noodles and boil for 3 minutes.
3. Drain noodles in a colander and rinse with cold water.
4. Place noodles on a large platter and toss with 1 T. sesame oil. Cover and chill noodles 1-2 hours or overnight.

METHOD: 2nd day

1. Heat 3 Tbl. vegetable oil in wok. Have teacher check temperature before adding noodles. Fry noodles 3-4 minutes. Put back on a heat proof platter and keep warm in oven.
2. Have ready the following ingredients before starting Step 3: (you may use the cleaver to chop these) 1/2 c. finely chopped pork, 1/4 c. green onion chopped in 1/2" lengths, 1/4 c. celery chopped finely, 1 clove of garlic peeled and squashed with side of cleaver, 1/2" slice of ginger root, 2 T. soy and 1 tsp. sugar measured out and combined with 1/2 c. beef broth. All these ingredients must be ready and near the wok before you start next step.
3. Heat 2 T. oil in wok. Add ginger and garlic. Toss 1/2 min. and remove with strainer or slotted spoon.
4. Add pork and toss with spatula until no pink is left. Add onion and celery and toss about 2 minutes.
5. Add soy, sugar and broth and heat through. Pour over warm noodles and toss.

4. NORTHERN CHINESE SNACKS

Equipment: large frying pan

A. American Style Quick Onion-Oil Pancakes Yield: 6 onion-oil pancakes

18 Mexican flour tortillas (1-2 packs)
6-9 stalks green onion; finely chopped
6 eggs, beaten
salt
bacon bits (optional)

METHOD:

1. Make a three-layered stack by:
   a. Put a flour tortilla on a plate, then add 1 t. egg on tortilla and spread evenly. Sprinkle onion, salt, and bacon bits (optional)
   b. Put another tortilla on top and repeat with egg, onion, salt and bacon bits.
   c. Complete pancake with a third tortilla on top.

2. Fry entire pancake in 1/8" oil over medium heat until brown. Turn over and fry other side.

COMMENTS:

Recipe will yield 6 pancakes, which can then be cut into quarter slices.

4. NORTHERN CHINESE SNACKS

Equipment: large frying pan

Yield: 30 dumplings

B. American Style Quick Bao-dz

3 rolls regular bisquick
12 ounces of ground meat (beef, pork or shrimp)
3 stalks green onion (chopped)
2 T. soy sauce
1 T. salad oil
Slight black pepper, salt and sugar to taste

METHOD:

1. To make filling, mix ground meat, onions, salad oil, soy sauce, black pepper, salt and sugar.
2. Divide each bisquick roll into ten portions. Flatten each portion into 3" disk to make the dumpling skin.
3. Stuff the filling inside the bisquick dough in the following manner:

a.

b.

c.

d.

4. Put a little oil in a frying pan and place the dumplings in loosely. (dumplings will expand twice their original size) Turn on the largest heat possible, add one cup of water and cover. Cook until all water has been boiled away (pan will start to give off a crackling sound).

COMMENTS:

Bao-dz, often called bows (pork bows, cha-siew bow, etc.) in this country, are flour dumplings with different fillings. They are generally steamed, but this recipe utilizes a combination steaming-frying method. In addition, regular bisquick dough is used for convenience.

5. STIR - FRY DISHES

Equipment: Wok

A. Beef with Chinese Broccoli

Yield: 6 - 8 Servings

1 lb. fresh Chinese Broccoli
1 slice of fresh ginger root, size of a quarter
3/4 lb. flank steak

Marinade for beef:

1-1/2 t. cornstarch
1/4 t. sugar
2 t. sherry
2 t. dark soy
2 t. oil

Sauce Mixture:

1/2 t. cornstarch
1 t. sherry
1/4 t. sugar
1/4 t. sesame oil (optional)
1 T. oyster sauce
1-1/2 t. hoisin sauce
1-1/2 t. brown bean sauce
2 T. water or broth
oil
chicken broth

METHOD:

1. Wash broccoli; break off leaves from stem. Peel tough outer layer from stems. Slice broccoli stems and leaves diagonally, 1/2" thick and divide flowerets into 2 or 3 small sections depending on size.
2. Shred ginger.
3. Slice beef against the grain, 1/8" thick and approximately 1-1/2" long. Add marinade and blend.
4. Mix in order given the ingredients for sauce mixture.
5. Using high flame, heat pan and add 1 T. oil, salt and shredded ginger. Add broccoli and stir. Add 1 T. water or stock if too dry and cover for 30 seconds.
6. Uncover, stir, remove broccoli and set aside.
7. Heat pan again with high heat and add 1 T. oil. Add beef and flatten against side of pan. Stir-fry until beef is three-fourths cooked.
8. Push beef aside, give sauce mixture a stir and add to center of pan where heat is concentrated.
9. When gravy bubbles, return broccoli to pan; toss and stir ingredients together and serve.

5. STIR - FRY DISHES

Equipment: Wok

B. Chau Chinese Cabbage with Carrots, Grass Mushrooms and Tea Melons

Yield: 6 - 8 servings

1 small head of Chinese cabbage
4 medium carrots
1 can grass mushrooms, drained
1/4 c. preserved tea melon
1 slice ginger, size of quarter
2 t. vinegar
1/2 t. sugar

Sauce mixture:
1 t. cornstarch
1 T. water or stock
1 t. sherry
oil
chicken broth (or water)

METHOD:

1. Remove dirty outer stalks of cabbage and trim bottom.
2. Quarter cabbage lengthwise. Cut each quarter crosswise into 3" lengths and diagonally slice each length into 1/4" thick strips.
3. Clean carrots and slice diagonally 1/8" thick.
4. Halve grass mushrooms.
5. Diagonally slice tea melons 1/8" thick.
6. Mix sauce ingredients together.
7. Using a high flame, heat pan and add 1 T. of the oil and salt. Brown sliced ginger and remove. Add cabbage, pinch of sugar and stir. Add 1 T. of stock if too dry and cover for 1 minute.
8. Uncover, stir, remove cabbage and set aside.
9. Again heat pan over high heat and add 1 T. oil and salt. Add grass mushrooms, pinch of sugar and stir-fry for 30 seconds. Remove and set aside with cabbage.
10. Again heat pan over high heat and add 1 T. oil and salt. Add carrots and stir. Add 4 T. stock or water and cover for 4-5 minutes.
11. Uncover, stir, add sauce mixture, stir, add tea melon, cabbage and mushrooms. Add the vinegar and sugar. Toss, stir ingredients and serve.

5. STIR-FRY DISHES **Equipment: Wok**

C. Chau Shrimp with Snow Peas and Wood Ears **Yield: 6-8 servings**

2 T. wood ears
1/2 lb. fresh shrimp, shelled and devined
1/4 lb. snow peas
slice of giner, size of a quarter, sliced in 2

Marinade for Shrimp:
1/2 t. cornstarch
1/2 t. salt
2 t. sherry
2-3 drops ginger juice
2 t. oil

Sauce Mixture:
1 t. cornstarch
1/4 t. sugar
1 t. sherry
1 T. stock or water
1/4 t. sesame oil (optional)

3 T oil
chicken stock

METHOD:

1. Soak wood ears in warm water 15-20 minutes; clean and drain.
2. Add marinade to shrimp, squeezing juice from 1/2 of ginger with garlic press.
3. Clean and string snow peas.
4. Heat pan over high flame, add 1 T. oil, salt and 1/2 of ginger. When ginger is browned, remove and add snow peas. Stir, add 1 T. stock and stir-fry for 15 seconds.
5. Remove snow peas and set aside.
6. Again heat pan over high heat, add 1 T. oil and salt. Add wood ears, pinch of sugar, stir, add 1 T. stock and cover for 30 seconds.
7. Uncover, stir, remove wood ears and set aside with snow peas.
8. Again heat pan over high heat and add 1 T. oil. Add shrimp and stir-fry until shrimp are about three-quarters cooked.
9. Push shrimp aside, give sauce mixture a stir and add to center of pan. Toss and stir until sauce thickens.
10. Add snow peas and wood ears to pan with shrimp, stir ingredients together and serve.

6. STEAMED DISHES

Equipment: Wok, steamer

A. Steamed Rock Cod

Yield: 6 - 8 Servings

1 - 1-1/2 lb. rock cod
4 stalks green onions, 2 stalks shredded into 2" lengths
3 slices ginger root
1/2 c. coriander

Sauce:

6 T. oil
2 T. sherry
3 T. light soy
1 t. sugar
1/2 t. sesame oil

METHOD:

1. Make three 1/2" deep incisions along both sides of the fish.
2. Arrange 2 stalks of green onions on steaming dish and lay fish on top, placing the 3 slices of ginger in each top incision.
3. Place dish into steaming implement (having brought water to boil first), cover, and steam for 10 to 15 minutes.
4. While fish is cooking, prepare sauce by combining the ingredients in a small saucepan and heat sauce until it just starts to boil.
5. Pour sauce over the cooked fish, sprinkle with shredded greeen onions and coriander, and serve hot.

COMMENTS:

Steamed fish is served immediately from the steamer to the dining table and is eaten right away. If fish is left to cool off, the dish will taste fishy.

A makeshift steamer can be improvised by using a tuna can opened on both ends. Place can in a large pot, add water, bring to boil, stand plate on top of tuna can and cover.

7. BOILED CHICKEN DISHES

Equipment: 1 large pot

A. Master Recipe for Boiling Chicken

Yield: 1 complete chicken

1 Frying chicken

Basic Sauce:

1 stalk green onion, finely cut
2 slices ginger, size of a quarter
2 small cloves of garlic
2 T. soy sauce
1 t. sesame oil
1 t. vinegar
1/2 T. sugar
1/2 T. peanut oil
1 T. wine
1/2 t. black pepper
Hot chili oil, to taste

METHOD:

1. Fill a pot, large enough to hold an entire chicken, with water.
2. Wash chicken, and immerse it in water, breast down. Heat to boiling, and boil slowly for ten minutes.
3. Turn chicken over, and boil again for ten minutes.
4. Allow chicken to cool. (Chicken stock may be kept and re-used.)
5. Carefully separate chicken meat from bones and cut meat into strips or bite-size pieces.
6. Mix sauce ingredients together, bring to a boil and pour over chicken.

7. BOILED CHICKEN DISHES

Yield: All serve from 6 - 8

B. Different Variations of Preparing Simple Chinese Boiled Chicken Dishes

1. WHITE-CUT CHICKEN (Ba-jye Ji

   a. Boil chicken according to Master Recipe.
   b. Allow chicken to cool, and then cut into bite-size pieces.
   c. Mix the basic sauce, excluding the chili oil, and pour over cut-up chicken. Serve.

2. SALTED CHICKEN (Yan-shwei Ji

   a. Take a whole raw chicken, rub with 1 T. salt, and let stand for 20 minutes.
   b. Boil according to Master Recipe, allow to cool, and cut chicken into bite-size pieces.
   c. Mix 1 green onion, cut into 1" sections, 1/2 T. salt and 1 T. salad oil. Pour over chicken.

3. CHILI CHICKEN (Hung-you Ji a spicy Hunan dish

   a. Make chicken in same method as for White-cut Chicken except add chili oil to the basic sauce to tase.

4. ONION-OIL CHICKEN (Tsung-you Ji

   a. Prepare in same manner as for Salted Chicken (#2) except for sauce.
   b. Heat 2 Tbls. oil until hot, and then add chopped green onions (1 stalk), 1/2 Tbls. salt, and a slice of ginger.
   c. Pour sauce over cut-up chicken.

OPTIONAL VERSION:

1/2 c. bean sprouts
1/2 c. sliced cucumbers

   a. Boil chicken according to Master Recipe, let cool.
   b. Debone chicken and pull chicken meat into 2" shreds.
   c. Prepare the basic sauce, adding to it 1/2 c. of parboiled bean sprouts and 1/2 c. of thinly sliced raw cucumbers.
   d. Mix sauce and chicken together. Serve.

B. CHINATOWN CULINARY WALK

Objectives: The participants will learn where to purchase and how to identify and select Chinese foods, condiments, dried foods, poultry, meat, fresh produce, and ready-to-eat foods.

The participants will gain a deeper concept of the role of food in Chinese culture and diet.

The participants will develop a better awareness of the food industry in Chinatown and the geography of the Chinatown area.

The participants will learn the economy of Chinese cooking.

Activities: A culinary walk through several markets and food industry companies in the Chinatown area.

On this walk, we will stop by several shops and companies which would give us a general overview of how the Chinese shop for food, and also some glimpses into the food industry of Chinatown:

1. Mow Fung Produce, 733 Washington Street, Phone: 982-6330
   This is a typical Chinese fresh produce store, with a wide assortment of fresh vegetables in a traditional Chinese grocery setting.

2. Ginn Wall, 1016 Grant Avenue, Phone: 982-6307
   A modern Chinese-American hardware store with an excellent assortment of Chinese cooking utensils, as well as utensils from Japan and Korea.

3. New Hong Kong Noodle Factory, 874 Pacific Avenue, Phone: 433-1886
   Noodles are a staple in the Chinese diet, especially for those in the Northern areas of China where little rice is grown. This factory has 3 varieties of noodles - wide, thin, and regular. They also make sheet noodles for wonton, shiew my (a diem-sum dish), and spring rolls. Fresh noodles will spoil and must be frozen if they are kept over 3 days.

4. Eng Hung Chi, 132 Waverly Place, Phone: 986-1056

   This is a dou-fu factory. Dou-fu, made from soybean milk, is rich in protein. It ranks with meat, milk, fish and eggs in providing protein.

5. Canton Market, 1135 Stockton Street, Phone: 982-8600

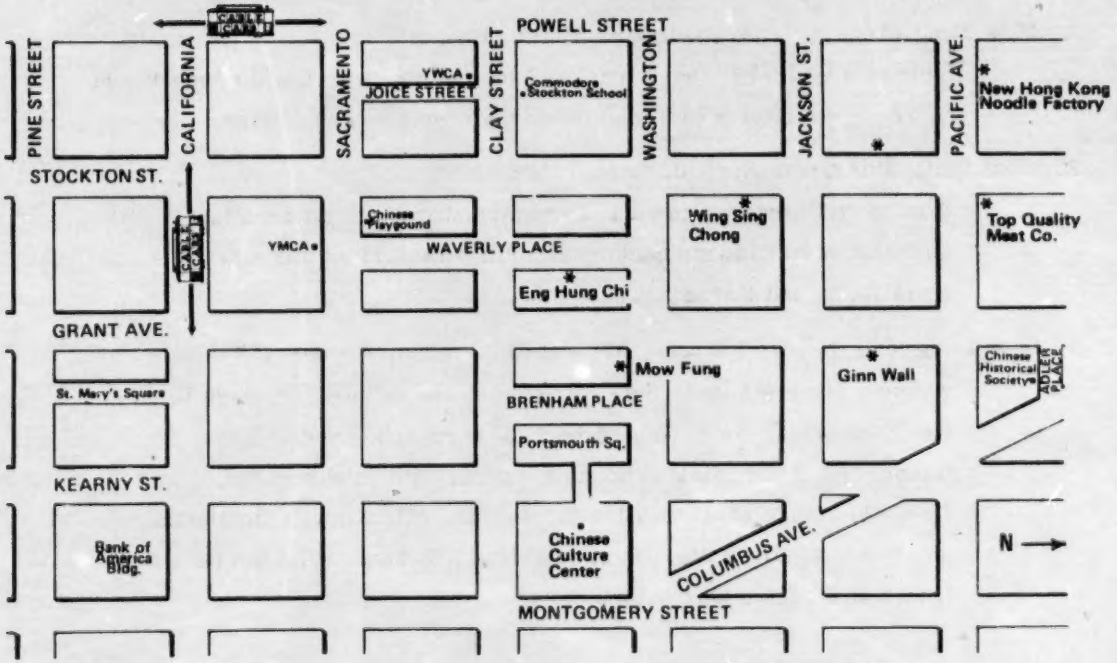
   This is a fish and poultry market where fish is sold live.

6. Top Quality Meat Company, 1200 Stockton Street, Phone: 421-7245

   This meat market is interesting because in addition to the standard American cuts, it also offers Chinese meat cuts.

7. Wing Sing Chong, Inc., 1076 Stockton Street, Phone: 982-4171

   An old established Chinese type of supermarket that carries all the ingredients needed for Chinese cooking. Although many American supermarkets carry oriental food products, it is helpful to know the Chinese names for these items and to shop for them in a Chinese store.



NAME OF STORE AND PHONE NUMBER	ADDRESS	Fresh Produce	Canned Ingredients	Dried Ingredients	Sauces	Noodles/Soy Bean Curd	Accessory Items	Meat	Poultry	Fish	Take-out Deli
Man Hing Market 752-4259 or 752-8630	323 Clement St. San Francisco	X	X	X	X	X		X	X	(Live) X	X
Lincoln Supermarket 751-7166	400 Clement St. San Francisco	(Some)	(Some)		(Some)	X					
Clement Farmers Mkt. No Phone	407 Clement St. San Francisco	X				X			X	(Live) X	
Kenson Trading Co. 668-4433	434 Clement St. San Francisco	(Large selections of these items) X	X	X	X	X	X				
Phil-Oriental Food Mkt. 752-8272	738 Clement St, San Francisco		X	X	X						
Kwong Shing Market/ Chinese Deli. 221-1252	844 Clement St. San Francisco	X	X	X	X	X		X	X		X
Bank Market 752-0315	609 Clement St. San Francisco	X	X	X	X						
Lick Super No Phone	350 - 7th Avenue San Francisco	X									
Dor Lim Pastry 221-0072	309 - 6th Avenue San Francisco										
Tai Fong Produce Co. 668-7606	304 - 6th Avenue San Francisco	X	X	X	X	X					

62-b

62-

C. GUIDE TO SOURCES OF SUPPLY FOR CHINESE COOKING INGREDIENTS OUTSIDE OF CHINATOWN

NAME OF STORE AND PHONE NUMBER	ADDRESS	Fresh Produce	Canned Ingredients	Dried Ingredients	Sauces	Noodles/Soy Bean Curd	Accessory Items	Meat	Poultry	Fish	Take-out Deli	Bakery
Park and Shop Market 661-3220	Funston Ave. & Irving San Francisco	X	X		X	X						
Asian American Food Co. 665-6617	1426 Noriega St. San Francisco		X	X	X	X	X					
The Wok Shop 665-5591	14 Stonestown San Francisco			(Some)	(Some)		X					
QFI Market No Phone	Stonestown Center San Francisco	X	(Some)		(Some)	(Some)						

D. BIBLIOGRAPHY

Basic Books on Chinese Cooking:

1. Beverly Lee, The Easy Way to Chinese Cooking, Doubleday & Co., New York, 1968 (paperback edition) 95¢.

   An excellent inexpensive introduction to Chinese cooking for beginning students. It has good information on basic ingredients of Chinese cooking and cooking implements.

2. Emily Hahn, The Cooking of China, Time-Life Books, New York, 1968. This is a very readable book with much cultural background information, and excellent photographs of Chinese rural scenes as well as different Chinese dishes. The book is good for giving a rounded picture of Chinese cuisine, and its place in the Chinese life style.

3. Joyce Chen, Joyce Chen Cook Book, J. B. Lippincott Co., Philadelphia and New York, 1962. A necessary text for beginners with its very clear instructions on basic principles with drawings which makes everything so easy to understand and to do. Joyce Chen writes with 30 years experience in Chinese cooking, has taught on television and has a famous Chinese restaurant in Cambridge, Massachuesetts. The book contains excellent sections on how to cook perfect rice, how to grow bean sprouts at home and how to cut up and prepare a chicken for Chinese cooking.

4. Rhoda Yee, Chinese Village Cookbook, Yerba Buena Press, San Francisco, 1975. An excellent, inexpensive ($3.95) paperback cookbook on Cantonese country cooking. Rhoda Yee teaches from her home in Walnut Creek, California. Almost all her recipes are of Cantonese orgin from her father's village in the Kwantung province of Southern China. She shares her experiences and recollections of life in her father's village with fond memories of different festivities and special occasions; the Chinese New Year clebrations, a Chinese wedding, the baby's month old party and others.

5. Doreen Yen Hung Fen, The Joy of Chinese Cooking, Grosset & Dunlap, N. Y. If the inclination ever possesses you, try Doreen Fen's recipe for "100 Year Old Eggs" (pay daahn). The recipe counsels to avoid friends while making it. Outstanding section on Chinese Festival Dishes, complete with legends and her graphic illustrations. All recipes are identified in Chinese, English and Cantonese pronounciation.

6. Cecilia Sun Yun Chiang, The Mandarin Way, Little, Brown & Co., Boston-Toronto, 1974. Cecilia Chiang operates two fashionable restaurants specializing in Northern cuisine, one in San Francisco and the other in Beverly Hills. She also gives lessons from the San Francisco restaurant kitchen with her No. 1 chef. Madame Chiang recalls her sheltered and luxurious Mandarin way of life in an ancient Peking palace. The existence recaptured in this book no longer exists. Secrets from her Mandarin Restaurant are revealed to readers. The "Smoked Tea Duck" is exceptional and well worth attempting.

7. Grace Zia Chu, Madame Chu's Chinese Cooking School, Simon and Schuster, New York, 1975. Grace Chu has been teaching in New York for over 20 years and this is her second book on Chinese cooking. Her first book is The Pleasures of Chinese Cooking. She not only discusses the newly available regional foods of China, menu planning, cooking techniques and the storing of ingredients, but she also guides the reader on a shopping tour of Chinatown and answers questions her students have asked over the years. Execllent glossary on ingredients in English and Chinese.

8. Florence Lin, Chinese Regional Cookbook, Hawthorne Books, Inc. N. Y., 1975. First cookbook that completely covers all the great cuisines of China. It gives background information on China's early historical development and geographical distribution of foods and how Chinese cooking evolved into four major schools. Remarkable charts giving extensive information on the name of a dish, nature of dish, the cooking method used, last-minute cooking time required, and the regional origin of the dish. A very complete glossary on ingredients in Chinese, English and Mandarin pronounciation.

9. Hsiang Ju Lin and Tsuifeng Lin, Chinese Gastronomy, Hastings House, Publishers, N. Y., 1969. The Foreward is by famous philosopher, Lin Yutang, husband and father of the authors. First book on Chinese cuisine which gives a broad survey of the development of Chinese Culinary art. The authors used manuscripts reaching back to the Sung dynasty. It is possible to read this book for pleasure and never cook a morsel. It also contains unique narrations and anecdotes on the cult of gastronomy in Chinese society.

10. F. T. Cheng, Musings of a Chinese Gourmet, Hutchinson of London, 1962. This book is considered a classic on Chinese gastronomy. A charming presentation of the cuisine of China by a noted connoisseur of food and wine and a man of culture.

11. Lu Yu, The Ciassic of Tea, Little Brown and Co., Bonston-Toronto, 1974. Lu Yu's essay, written in the 8th Century, gave to tea the great meanings it holds for the East. He is deferred to throughout Chinese history on the subject of tea. This is the first complete translation to appear in the West by Francis Ross Carpenter.

FEEDBACK ON CHINESE AMERICAN ETHNIC HERITAGE STUDIES HANDBOOK

We would appreciate your completing this brief feedback form after you have reviewed or have used this teacher's guide. Your responses, comments, and suggestions will be most helpful in improving the handbooks.

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Please give us your evaluation of the handbook by circling an appropriate rating on a scale from 1 to 5 for each of the following items. If you have additional comments, please use the back side of this form.

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